



## CREATE CLEAR WALKING PATHS

- Clear clutter
- Avoid cords/wires crossing walking areas
- Keep stairs clear
- Use rugs/bath mats with non-skid backing
- Be aware of uneven surfaces (sidewalks, curbs)
- Shovel snow and apply ice melt when needed
- Keep stairs clear of clutter

## USE APPROPRIATE LIGHTING

- Use nightlights to illuminate walking paths
- Illuminate stairs from above and below
- Keep flashlights in common areas
- Make sure all bulbs and light switches are functional

## HARDWARE

- Install handrails on both sides of the stairs
- Install grab bars near toilets and bathtubs
- Install elevated toilet seat

## BE ACTIVE

- Do exercise/balance programs (Tai Chi)
- Stand and sit down slowly
- Plan enough time so you don't have to rush

## HEALTH

- Discuss all your medications, including side effects with your physician
- Get annual vision and hearing exams

